

Vegan at Disney World • Mexican Soups and Stews

Vol. 39, Issue 1, 2020

# VEGETARIAN JOURNAL

Science, Caring, and Vegan Living since 1982



*On a Roll*

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# Nutrition Hotline

*This month's Nutrition Hotline addresses what to eat when coping with IBS*

**Casey Brown, RD**



**QUESTION:** I am interested in going vegan, but I have IBS. I'm not sure what I would be able to eat if I went vegan?

**A.R., via email**

**ANSWER:** Irritable bowel syndrome (IBS) is a chronic condition affecting up to 15% of the population.<sup>1</sup> Those with IBS have symptoms of abdominal pain and changes in bowel habits, including diarrhea and/or constipation. IBS has no clear cause nor is there any single test to diagnose it.<sup>1</sup>

Treatment includes a combination of lifestyle, dietary, and pharmaceutical approaches. The primary dietary approach to treating IBS includes a low FODMAP diet. A low FODMAP diet limits the amount of foods that contain fermentable sugars and sugar alcohols. Foods limited or omitted include wheat products, beans, lentils, dairy products, and certain fruits and vegetables.

Some studies show that this diet can reduce symptoms in 50-80% of patients.<sup>2</sup> However, a recent meta-analysis (a technique in which results from a number of studies are combined) found limited evidence to support use of a low FODMAP diet.<sup>3</sup>

Wheat, vegetables, and beans are common staples for a vegan diet, so it might seem daunting to try a vegan diet if you have IBS.

IBS is an individualized condition. Items that are tolerated do not need to be restricted and will vary from person to person. Typically, high-FODMAP foods are eliminated for 2-6 weeks. Individuals then reintroduce foods one at a time while keeping a food journal to record food/beverage intake and the type, timing, and severity of the symptom(s) they experience, if any. Foods that are tolerated without symptoms can be added back into the diet. Foods that trigger IBS symptoms are excluded.

Since beans, wheat, and lentils are protein sources, protein intake may be a concern on a low FODMAP vegan diet. Allowed vegan sources of protein include tempeh, tofu, quinoa, oatmeal, certain nuts, soymilk made from soy protein (not whole soybeans), and limited amounts of lentils or chickpeas. Other low FODMAP foods include gluten-free breads, pastas, and cereals; tomatoes; spinach; potatoes; berries; and cantaloupe.

A low FODMAP diet can be effective in reducing symptoms, although more research is needed.

Consulting with a registered dietitian can ensure that you meet your nutrient needs.

## REFERENCES:

<sup>1</sup> Wald, A. Treatment of irritable bowel syndrome in adults. *UpToDate*. May 23, 2019. [uptodate.com/contents/treatment-of-irritable-bowel-syndrome-in-adults](https://www.uptodate.com/contents/treatment-of-irritable-bowel-syndrome-in-adults)

<sup>2</sup> Phillips W, Walker J. When a registered dietitian becomes the patient: translating the science of the low FODMAP diet to daily living. *Practical Gastroenterology*. 2018;175:20-37.

<sup>3</sup> Dionne J, Ford AC, Yuan Y, et al. A systematic review and meta-analysis evaluating the efficacy of a gluten-free diet and a low FODMAP diet in treating symptoms of irritable bowel syndrome. *Am J Gastroenterol*. 2018;113:1290-1300.

# VEGETARIAN JOURNAL

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[vrg.org](http://vrg.org)

## Note from the Coordinators



# Vegan Identity

Over a decade ago we attended a government hearing on school lunch programs. A multinational soy processing company giving comments was tentative in their advocacy of soy in school lunches. That made sense at the time as so much of their business was feed for animals, though natural foods companies were also buying their items for vegan soy foods.

This past year we attended a Food and Drug Administration hearing on standards of identity for foods. There are standards for more than 280 foods, but of interest to our members may be whether plant foods can be labeled meat or milk. At the open hearing (seemingly attended mostly by lawyers, lobbyists, and industry), what struck us was that almost the same number of individuals representing plant-based processed foods testified as those for the animal product industry.

In a discussion session, a dairy representative strongly stated that when people buy ice cream, they expect there to be (“real”) cream in the product. Debra said that this seems to be generational as young people encounter so many alternatives (soy, rice, oat, lowfat, etc.) in the store, that they don’t see it that way. Most of the younger people in the audience nodded in agreement. In another session, Charles mentioned that the country is now very diverse. Unlike years ago, today it’s hard to have one standard for everyone, as you have to represent different interests. He also said that regulators, scientists, and dietitians have generally lagged behind consumer changes. Unfortunately, this has meant people are not going to them, but listening to non-scientific information. If we want people to make their decisions based on science, then regulations and recommendations need to keep up with the consumer.

We were taken aback by the anger and fear from people associated with the animal industries; but it makes sense as their livelihood, culture, and family security are at stake. Even meat processors and distributors are adding vegan food to their lineup. The last lobbyist testified about almond milk and dairy milk being combined into one product, so standards need to be changed. Each producer wanted to protect their own product, whether it be tea, oil, or a processed plant food (which may or may not be healthful). Since people on each side of the issue get disturbed at government, you can see how hard it is to come up with balanced regulations. Depending on your political leanings, some may want to protect the status quo, some may want government to be on the side of change, and some may think government staying out of it serves everyone’s interests best. These beliefs seem to change whether you are the one in power or not, or if it’s your business at stake. A VRG volunteer said: “I think the sorrow in the world weighs heavier on some than others.” If you’re a VRG member, it means you want a better world. You may each have different views of how to do this, but thank you all for caring and being involved as times and identities change.

*Debra Wasserman & Charles Stabler*

*Coordinators of The Vegetarian Resource Group*

## VRG's MEMORIAL and HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegan-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote veganism.

### Memorials & Honorary Gifts

In memory of: \_\_\_\_\_  
\_\_\_\_\_

In honor of: \_\_\_\_\_  
\_\_\_\_\_

Please send acknowledgement to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

My name and address:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203, or donate at [vrg.org/donate](http://vrg.org/donate).

A donation was made by a VRG Life Member in honor of the person(s) at The Vegetarian Resource Group who very rapidly answered my e-mail questions regarding hypothyroidism and vegan diets/soy in diets, and provided me with links to various articles. It was truly appreciated.

A generous donation was given in honor of Barbara Hilchey's birthday by Dr. Cheryl Kenlin. Cheryl said, "Love you, Mom! You taught me the basics of good nutrition before it was popular!"

## Appreciate Affordable Ways to Eat Vegan

I much appreciated the efforts of VRG intern Hannah Greene to create a meal plan that meets the financial limits of the SNAP program, and Taylor Gale's work with formerly homeless men. Making vegan eating affordable is a great way to spread the message to many who might not otherwise have the means to buy the sometimes pricey ingredients in some vegan recipes. Perhaps, along with a nutritional analysis, recipes featured in the *Vegetarian Journal* should also include a cost scale.

*Bill M., via e-mail*

## Need Vegan Posters

Hello, I'm head of catering in a very large private school in Devon, England. We are opening a new vegan/vegetarian food bar and I was wondering if you had any posters, etc., that we can use on our opening week? Many thanks!

*Chrissy M., via e-mail*

*Managing Editor's response:*

Feel free to print out these:

### My Vegan Plate

[vrg.org/nutshell/](http://vrg.org/nutshell/)

[MyVeganPlate.pdf](#)

### Vegan Diets in a Nutshell

[vrg.org/nutshell/](http://vrg.org/nutshell/)

[VeganDietsinaNutshellPoster.pdf](#)

## Do You Know of Any Vegan Alternatives to Chapstick®?

Do you know of a good vegan replacement for Chapstick®? I've tried a couple, but they just didn't work. My lips still felt dry and rough. Any ideas? Thanks.

*June S., via e-mail*

*Senior Editor's response:*

Absolutely. I'd suggest either Hurraw, see: [hurrawbalm.com](http://hurrawbalm.com) or Pacifica, see: [pacificabeauty.com](http://pacificabeauty.com) Both brands are in my purse right now and are excellent options to take care of dry, chapped lips!

## Vegan Options in Mexico's Baja Peninsula

We spent a couple of months in Mexico's Baja Peninsula this past winter and were pleasantly surprised at all the vegan options. We love that there are now all-vegan spots with Mexican food. We love trying the local cuisine when visiting an area, but sometimes the vegan options are from other ethnic cuisines. Here's a link to our post showing all the vegan food we found: [veganrv.com/being-vegan-in-baja/](http://veganrv.com/being-vegan-in-baja/)

*Laura N., via blog post*

Letters to the Editors can be sent to: Vegetarian Journal, P.O. Box 1463,

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or send a message to us on Facebook:

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Coming in the next issue...

## CREATIVE ZUCCHINI DISHES

Plus: *Camping & Hiking Food, Low-Cost Vegan Menus Based on USDA'S SNAP Budget, Video Contest Winners, Plus More!*

# Caliente!

## Mexican Soups & Stews

by Chef Carlos Erez



Photo by Carlos Erez

### Mah Maiz!

(Serves 6)

- 1 small onion, chopped
- 3 cloves garlic, minced
- One 14-ounce can sweet corn, drained
- One 8-ounce box sliced mushrooms
- 1 Tablespoon olive oil
- 4 cups low-sodium vegetable stock
- 6 small potatoes, thinly sliced
- 3 Tablespoons minced fresh Jalapeño pepper  
(optionally seeded for less heat)
- 1 bay leaf
- Pinch red pepper flakes, for garnish (optional)
- 2 Tablespoons of minced pineapple, for garnish
- 1 thinly sliced green onion, for garnish

In a large pot, sauté onions, garlic, sweet corn, and mushrooms in olive oil for about 4-5 minutes over medium heat, stirring constantly. Add stock, potatoes, Jalapeño peppers, and bay leaf. Simmer on low-medium heat for 20-25 minutes, stirring occasionally, until potatoes are soft.

To serve, remove bay leaf and top each bowl with red pepper flakes, pineapple, and green onions.

Total calories per serving: 215    Fat: 3 grams  
Carbohydrates: 43 grams    Protein: 6 grams  
Sodium: 183 milligrams    Fiber: 5 grams

### Dried Chile Peppers

*Arbol*, *Guajillos*, and *Pasilla* are all varieties of peppers used in Mexican cuisine. *Chile de arbol* is also known as bird's beak chile and is known for its spicy, grassy, and smoky heat. *Guajillo* is the dried form of mirasol chile and is commonly used dried for its sweet heat. Rich with flavor, the *Pasilla* is the dried form of chilaca chile pepper and is identified by its wrinkled skin, like a raisin. All three dried chiles are available at Latin grocers, online, and in the Latin food sections of some well-stocked supermarkets.

## Siete Mares

(Serves 6)

In Mexico, *Caldo de Siete Mares* is a classic seafood stew. In my vegan version, enjoy seven vegetables, including meaty oyster mushrooms, and a taste of the ocean from kelp powder!

### Pepper Sauce

**10 dry Guajillos peppers**  
**Hot water (approximately 2 cups)**  
**1 chipotle pepper in adobo (canned)**  
**1 teaspoon olive oil**  
**5 cloves garlic, crushed**  
**2 Tablespoons chili powder (or to taste)**  
**2 Tablespoon Jalapeño powder (or to taste)**  
**1 Tablespoon seaweed/kelp powder**  
**1 Tablespoon ground cumin**  
**1 Tablespoon dried oregano**  
**Salt, to taste**  
**1 cup plus 1 Tablespoon low-sodium vegetable stock**

### Soup

**1 teaspoon olive oil**  
**½ cup finely diced onion**  
**3 tomatoes, finely diced**  
**6-ounce can no-salt tomato paste**  
**5 cups low-sodium vegetable stock**  
**1 small zucchini, diced**  
**2 sliced carrots**  
**2 sliced celery stalks**  
**14 ounces fresh king oyster mushrooms, chopped**  
**1 cup chopped cauliflower**  
**Lime wedges, to serve**

Soak *Guajillos* peppers in hot water for about 6 minutes. Remove seeds and stems, and add peppers and liquid to a blender with remaining Pepper Sauce ingredients. Process into a thick paste and then press through a mesh strainer. Set liquid aside, discard solids.

In a large pot add olive oil and sauté onions about 2-4 minutes, until just brown. Add tomatoes and tomato paste. Sauté 5 minutes, stirring frequently. Incorporate blended pepper mix liquid and add the 5 cups stock, as well as zucchini, carrots, celery, king oyster mushrooms, and cauliflower. Simmer 25 minutes, stirring occasionally. Serve with lime wedges.

Total calories per serving: 132    Fat: 2 grams  
Carbohydrates: 24 grams    Protein: 6 grams  
Sodium: 260 milligrams    Fiber: 6 grams

## Puebla Con Amor

(Serves 4)

Stuffed peppers in a rich broth will chase the chill from any winter night. This spin on Poblano soup is easy enough for a weeknight and elegant enough for guests.

**4 fresh Poblano peppers**  
**4 cups low-sodium vegetable stock**  
**3 Roma tomatoes**  
**1 bunch of cilantro**  
**4 cloves garlic, crushed**  
**½ cup diced onion**  
**1 Tablespoon ground cumin, divided**  
**1 Tablespoon paprika, divided**  
**Salt, to taste**  
**2 finely diced white potatoes**  
**½ block extra-firm tofu, drained and crumbled**  
**2 large carrots, finely diced**  
**2 small radishes, thinly sliced, for garnish**

Roast Poblano peppers over gas range/direct fire, turning them constantly with tongs, until skins are black. Alternatively, use an oven with a broiler setting.

Allow to cool enough to touch and peel off the charred skin. I find it easier to peel with a bit of water wetting my fingers. Set aside.

In a large soup pot, add vegetable stock and warm over medium heat.

Put tomatoes, cilantro, garlic, onions, half of the cumin, half of the paprika, and salt, in a blender and process until smooth and silky. Stir into soup pot.

In a small bowl, mix together remaining cumin and paprika with potatoes, tofu, and carrots. Set aside.

Cut a very small thin opening through each Poblano pepper. If desired, carefully wipe out seeds, then stuff it with potato mixture. Gently close and place stuffed peppers into the soup. Simmer on low for 40 minutes. Check peppers for doneness.

To serve, place one pepper in each bowl and ladle broth over top. Garnish with thinly sliced radishes.

Total calories per serving: 199    Fat: 4 grams  
Carbohydrates: 33 grams    Protein: 9 grams  
Sodium: 185 milligrams    Fiber: 5 grams

# Señora Tortilla

(Serves 6)

Nothing says Mexico like tortilla soup. It is a deeply authentic meal, originating in the state of Tlaxcala. My version finds its depth from toasted dry peppers and fresh tomatoes.

- 1 dry Arbol pepper
- 1 dry Pasilla pepper
- 4 dry Guajillo peppers
- 3 Roma tomatoes, cut into small cubes
- 4 Tablespoons no-salt tomato paste
- 6 cloves garlic, crushed
- 1 teaspoon ground cumin
- 2 teaspoons olive oil
- ½ cup onion, finely minced
- 10 cups low-sodium vegetable stock
- 1 potato, cut in small cubes
- 1 carrot, finely diced
- 3 celery stalks, chopped
- 1 chayote, cut in small cubes (or use yellow squash)
- 1 block firm tofu, drained and cut into small cubes
- 1 bunch of cilantro, finely chopped (about 1½ cups), divided
- 1 teaspoon black pepper
- 1 teaspoon chili powder

- 1 Tablespoon dried oregano
- 6 soft corn tortillas cut into strips
- Non-stick spray
- One avocado, to garnish

Using a dry pan, toast all the dry peppers over very low heat for 3-5 minutes, moving them constantly with tongs or a wooden spoon. Do not let them burn or they will acquire a very bitter flavor. Remove from heat and cut away stems and seeds.

Place toasted dry peppers in a blender or food processor with fresh tomatoes, tomato paste, garlic, and cumin. Blend until smooth; set aside.

In a large soup pot, sauté onions in olive oil until translucent, 3-5 minutes. Add vegetable stock, potatoes, carrots, celery, chayote, tofu, half the cilantro, black pepper, chili powder, and oregano. Stir and simmer about 5-7 minutes over low heat then add pepper blend and simmer another 25 minutes. When done, all veggies should be tender and cooked through.

While soup cooks, pan-fry tortilla strips using non-stick spray until crisp, about 1-2 minutes per side.

Serve hot soup with tortilla strips, remaining fresh cilantro, and avocado slices piled on top.

Total calories per serving: 251	Fat: 9 grams
Carbohydrates: 34 grams	Protein: 9 grams
Sodium: 294 milligrams	Fiber: 7 grams



Photo by Rissa Miller



# Mexican Rebel Veggie Stew

(Serves 6-8)

## Red Sauce

- 6 dried Guajillo peppers
- 1 dried Arbol pepper
- ¼ cup white onion
- 3 cloves garlic, peeled
- ½ teaspoon ground cumin
- Salt, to taste
- 1 Tablespoon olive oil

## Veggie Stew

- 1 teaspoon olive oil
- 1 small onion (about ½-⅔ cup), chopped
- 3 Roma tomatoes, finely chopped
- One 8-ounce can no-salt added tomato sauce
- 3 cups water
- 1 head broccoli
- 1 large carrot
- 1 large white potato
- 1 medium zucchini
- 4 ears yellow corn, shucked and broken in half
- 2 Jalapeño peppers (minced and seeded, optionally to taste)
- 10 whole green beans, ends trimmed
- 1 small bunch of cilantro, roughly chopped
- 2 bay leaves

Soak dry peppers in hot water for 6 minutes or until they soften to start Red Sauce.

Warm a teaspoon of olive oil in a large soup pot. Add chopped onions and cook over medium-low until translucent, about 3-5 minutes. In the meantime, chop all stew veggies into similar shapes and sizes (broccoli, carrot, potato, zucchini, green beans). Next, add Roma tomatoes and canned tomato sauce with 3 cups water. Cook for 3 minutes until tomatoes are fragrant.

Broccoli, carrots, and potatoes go in next. Cook about 5 minutes, then add zucchini, corn, green beans, and Jalapeños with chopped cilantro and bay leaves. Add more water to cover the veggies, about 1-2 cups, depending how you cut the vegetables. Cover and simmer over medium-low heat about 20 minutes, stirring every so often.

While the stew cooks, prepare Red Sauce. Cut off the ends of soaked dry peppers and place the peppers in a blender along with onions, garlic, cumin, and salt to taste. Add water by the Tablespoonful as necessary



Photo by Carlos Erez

to allow the sauce to blend completely into a smooth paste. Amount of water will vary based on how hydrated the peppers got while soaking.

In a pan add the Tablespoon of olive oil to warm. Press Red Sauce through a strainer to remove any large bits of pepper and pour liquid into pan. Cook, stirring constantly, for 5-8 minutes. Add Red Sauce to Veggie Stew and simmer another 20 minutes. Serve warm.

Total calories per serving: 179	Fat: 4 grams
Carbohydrates: 34 grams	Protein: 6 grams
Sodium: 41 milligrams	Fiber: 6 grams



Photo by Rissa Miller

## El Rico

(Serves 6)

This soup is rich and hearty, just like the name says!

- 1/3 cup minced onion**
- 1 1/2 teaspoons olive oil**
- 1/2 cup TVP (texturized vegetable protein)**
- One 6-ounce can no-salt tomato paste**
- 2 Tablespoons water**
- 5 cloves garlic, minced**
- 1 diced green bell pepper**
- 2 large carrots, sliced**
- 6 cups low-sodium vegetable stock**
- One 15-ounce can red kidney beans, rinsed and drained**
- 1/4 cup finely chopped cauliflower**
- 1/4 cup finely chopped broccoli**
- 1/4 cup unsalted peanut halves**
- 1/2 cup cooked brown rice**
- 1/2 bunch cilantro roughly chopped (about 2/3 cup)**
- 3 Tablespoons chopped peanuts, to serve (optional)**

In a large pot, sauté onions in olive oil until translucent. Add TVP, tomato paste, water, garlic, peppers, and carrots. Stir constantly for 2-3 minutes on medium-low heat until veggies are coated in tomato paste. Add stock, kidney beans, cauliflower, broccoli, and peanut halves. Simmer 20-25 minutes, stirring occasionally, until all veggies are tender. Top it off with brown rice, fresh cilantro, and chopped peanuts.

Total calories per serving: 196	Fat: 5 grams
Carbohydrates: 29 grams	Protein: 10 grams
Sodium: 272 milligrams	Fiber: 7 grams

Chef Carlos was born and raised in New York City. His beautiful mother, a native of Mexico, taught him to cook. He's been vegan six years and loves translating her recipes and his heritage into compassionate new meals. Follow Carlos at [@ElVeganChubster](#).



# Book Reviews

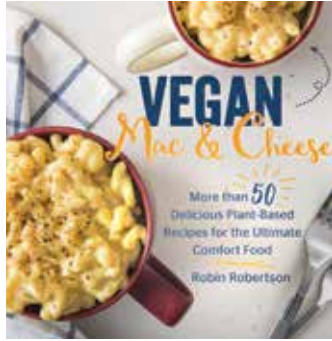
## VEGAN Mac & Cheese

By Robin Robertson

This cookbook gives you more than 50 new ways to enjoy a twist on your favorite comfort food: Mac & Cheese!

Try Mac and Thai, Salsa Mac and Queso, Buffalo Cauliflower Mac, Rutabaga Mac and Greens, Philly Cheesesteak Mac, Mac and Stroganoff, Cheesy Mac Muffins, and more. Gorgeous photos included!

*Vegan Mac & Cheese* (ISBN: 978-1-5583-2973-7) is a 144-page book. It is published by Harvard Common Press and retails for \$19.99. Find this book online or in your local bookstore. *Reviewed by Debra Wasserman*



## Leon Fast Vegan

By Rebecca Seal, Chantal Symons, and John Vincent

This hardcover book contains over 150 vegan recipes with an emphasis on flavor and keeping things simple. The first section includes recipes for breakfast/brunch such as Fluffy Pancakes, Blueberry Poppy Seed Muffins, three ways to make vegan bacon, Tofu Shakshuka, and Breakfast Crisp.

Quick dinners include Butternut, Roasted Garlic, and Sage Risotto; Miso Jackfruit with Noodles; Spiced Moroccan Tofu; Persian Herb Frittata; Vietnamese Crispy Pancakes; and Tofu Kastu Curry. Fast food options are also provided, such as Baked Buffalo Cauliflower Wings, Beer-Marinated Seitan Burritos, and a Banana Pecan Ice Cream Milk Shake. There's a slow food section with dishes like Pho, Moussaka, Eggplant "Meatballs," Middle Eastern Stuffed Pumpkin, and Jackfruit Tikka Masala.

Salads & Slaws include Thai Larb Salad, Mexican Slaw, and Caesar Salad. Continue on to Party Food & Small Plates and you can try Pea and Potato Samosas, Thai Rice Paper Rolls, Stuffed Figs, Malaysian Corn Fritters, and more. And of course, you don't want to forget side dishes! Enjoy Creamed Spinach, Smoky



Potato Wedges, and Coconut Rice and Beans.

The desserts feature Banana-Caramel Pie, Chocolate Layer Cake, New York-Styled Baked Cheesecake, Scones, a variety of cookies, and more.

*Leon Fast Vegan* (ISBN: 978-1-84091-793-2) is a 304-page book. It is published by Conran Octopus Publishing and retails for \$29.99. You can purchase this book online or from your local bookstore. *Reviewed by Debra Wasserman*

## Show Up for Salad

By Terry Hope Romero

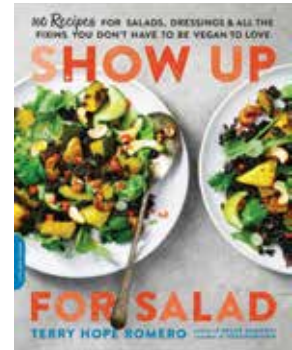
I'm usually not one to get excited about salads; however, this cookbook opened my eyes to all the possibilities. Romero provides readers with 100

new ideas for salads, along with creative dressings and toppings. The photos throughout this book are beautiful and lots of variations are suggested alongside the recipes.

Dressing offerings include Sunflower Ranch, Hemp Seed Caesar, Tahini French, Wasabi Miso Lime, Carrot Ginger, Maple Mustard Shallot Vinaigrette, and many more. Some toppings you will find are Marinated Baked Tofu, Marinated Roasted Yuba, Savory Sesame Tamari Marinade, Sweet Lime Curry Marinade, Roasted Lemon Pepper Chickpeas, 7-Spice Peanuts, Bacon Crunch Pecans, Maple Mushroom Bacon, Pan-Roasted Chile Corn, and Basil Pesto Croutons.

Salad options are vast, such as Forever Kale Caesar with Cheesy, Crispy Croutons; Sriracha Tofu Lettuce Wraps with Peanut Dressing; Blackened Tempeh Reuben Salad; Kabocha and Black Rice Salad; Crunch Eggplant Parm Salad; Peking-Roasted Tofu Noodle Salad; Mustard Greens Tabbouleh with Almonds and Roasted Chickpeas; and Zucchini and Chickpea Fattoush Salad. A few soup recipes are provided as well to serve with various salads such as Creamy Cauliflower Soup with Apple Walnut Salad, Buffalo Tomato Soup with Kale Caesar Salad, or Baby Carrot Ginger Soup with Sesame Slaw.

*Show Up for Salad* (ISBN 978-0-7382-1851-9) is a 304-page book. It is published by De Capo Lifelong Books and retails for \$22.99. You can purchase this book online or from your local bookstore. *Reviewed by Debra Wasserman*



# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Health Professionals Demonstrate Limited Knowledge About Vegetarian and Vegan Diets

Health professionals often provide nutrition advice but may not be knowledgeable about vegetarian diets. Researchers in Italy asked more than 400 nurses, midwives, and support workers about the definition of vegetarian and vegan diets, food sources of nutrients, and the use of a vegetarian or vegan diet during pregnancy, infancy, and childhood. Almost 80% of those surveyed had not taken a nutrition class in the past five years; 5% were vegetarian. Only 2% correctly defined a vegetarian diet but two-thirds correctly defined a vegan diet. Fewer than one-third correctly considered a “planned vegetarian diet” to be adequate for children, while two-thirds incorrectly thought that “planned vegetarian and vegan diets” during pregnancy were associated with a higher risk of pregnancy difficulties.

In general, vegetarian health professionals were more knowledgeable about vegetarian and vegan nutrition. These results indicate a knowledge gap among many of the health professionals surveyed and point to the need for educating nurses and other health professionals about vegan and vegetarian diets.

Bettinelli ME, Bezze E, Morasca L, et al. Knowledge of health professionals regarding vegetarian diets from pregnancy to adolescence: an observational study. *Nutrients*. 2019; 11(5). pii: E1149.

### Use of More Traditional Plant Foods Recommended for Hispanics/Latinos

Rates of diabetes and obesity in Hispanics/Latinos in North America have increased markedly over the past decade with rates of diabetes 60% higher in Hispanics/Latinos compared to non-Hispanic whites. One factor in this increase may be the transition from more

traditional whole plant foods to a higher intake of meats and processed foods. A recent study of 74 Southern California Seventh-day Adventists who identify as Hispanic examined diet’s role in obesity. Participants were classified as non-vegetarian if they ate meat. Due to the small sample size, the category “vegetarian” included fish-eaters, lacto-ovo vegetarians, and vegans.

The “vegetarian” group had a lower body mass index (BMI), lower waist circumference, and a lower body fat percentage. The researchers suggest that increasing use of traditional plant-based foods (beans, maize, and squash, for example) by Hispanics/Latinos could be a way to decrease the rates of obesity and diabetes.

Singh PN, Jaceldo-Siegl K, Shih W, et al. Plant-based diets are associated with lower adiposity levels among Hispanic/Latino adults in the Adventist Multi-Ethnic Nutrition (AMEN) Study. *Front Nutr*. 2019;6:34.

### Comparing Adolescent Diets: Vegetarians vs. Non-Vegetarians

By Autumn Hengen, VRG intern

Some experts believe that vegetarian teens have more healthful diets than non-vegetarian teens. A recent study used an online questionnaire to compare the nutrient intake of 12-18 year olds. Many subjects were Seventh-day Adventists; all were from Adventist and public schools near major Adventist universities in Michigan and Southern California. Subjects were considered to be “vegetarian” if they ate fewer than 3 ounces total of meat, poultry, and fish per week.

“Vegetarian” participants ate more fruits, vegetables, nuts/soy products, legumes, and cereals. They also had higher intakes of carbohydrates, vitamin C, calcium, iron, potassium, magnesium, sodium, and phosphorus than non-vegetarians. Along with a lower consumption of sugar-sweetened drinks, coffee, and teas, the “vegetarians” had lower intakes of fats and zinc. Both groups met at least 75% of recommended

intakes for protein, vitamin B12, vitamin C, iron, and several other nutrients. All participants, on average, consumed less than 10% of the recommended intake for vitamin D, a nutrient required for bone health. The majority of participants greatly exceeded the recommended intake for sodium. Excessive sodium intake increases risk of elevated blood pressure and kidney disease later in life.

This study suggests that vegetarian adolescents have more healthful diets than non-vegetarians, though both groups should consume less sodium and more vitamin D. The results may not apply to all vegetarian adolescents, as many in the study were lacto-ovo vegetarians.

Both groups had more healthful diets when compared to U.S. adolescents in general, meeting the majority of dietary recommendations and eating more plant-based foods. Further investigations are recommended to continue dietary tracking from adolescence to adulthood to help determine the impact of adolescents' dietary intake on future health.

Segovia-Siapco G, Burkholder-Cooley N, Haddad Tabrizi H, et al., 2019. Beyond meat: a comparison of the dietary intakes of vegetarian and non-vegetarian adolescents. *Front Nutr.* 6:86.

## For a Less Expensive, Nutrient-Rich Diet, Choose Vegetarian!

In the USDA's publication, *Dietary Guidelines for Americans, 2015-2020*, three healthy food patterns are identified, namely a "healthy vegetarian" food pattern, a Mediterranean pattern, and a "U.S.-Style" pattern. Many Americans struggle with food costs and may not be able to afford the nutritious foods called for in these Dietary Guidelines. Researchers used food costs and information from a large survey of Americans' eating practices to estimate diet quality and cost. They then estimated the cost of menus based on the three healthy food patterns.

The average daily food cost based on what people are currently eating was estimated at \$5.82 for a 2,000-calorie diet. Changing to a "healthy vegetarian" diet would increase the cost per day by 8 cents to \$5.90. The other two recommended patterns were markedly more expensive at \$8.27 per day for the "U.S.-Style" pattern and \$8.73 per day for the Mediterranean pattern. All three of the recommended

patterns were more nutrient-rich than what Americans are currently eating, since the recommended patterns had more fiber, vitamins, and minerals and less saturated fat, added sugar, and sodium. Clearly the "healthy vegetarian" pattern is less expensive and as nutritious as the other patterns. Why isn't this pattern being promoted more by government agencies and other food programs as a less expensive choice?

Fulgoni V, Drewnowski A. An economic gap between the recommended healthy food patterns and existing diets of minority groups in the U.S. National Health and Nutrition Examination Survey 2013-14. *Front Nutr.* 2019;6:37.

## Red Meat and Longevity?

By Kavitha Shankar, VRG volunteer

Researchers from Loma Linda University investigated the association of red and processed meat intake with the overall death rate ("mortality") from all diseases, from cardiovascular disease, and from cancer in more than 70,000 generally healthy Seventh-day Adventists. The Adventists consumed varying amounts of red and processed meat daily ranging from none, to low (0.14 ounces; less than 1 teaspoon) to moderate (1.5 ounces, the size of about half a deck of playing cards).

This study concluded that even small quantities of red or processed meat were associated with a higher overall risk for death and for death due to heart diseases. Those who consumed as little as one serving (about 1.5 ounces) of unprocessed red meat had a 26% higher risk of dying from heart disease and 18% higher risk of overall mortality than those who did not consume meat. In contrast, there was no relationship between meat consumption and death rates from cancer, in this study.

However, three other studies in the United States have shown a relationship between the death rate from cancer and red meat consumption. This study suggests that completely avoiding red and processed meat may increase longevity and reduce risk of dying from cardiovascular disease, the number one cause of death in the United States.

Alshahrani SM, Fraser GE, Sabaté J, et al. Red and processed meat and mortality in a low meat intake population. *Nutrients.* 2019;11(3):622

# 2019 Essay Winner

## Vegetarianism: A Means to World Peace

When you think of Cesar Chavez, you probably recall his revolutionary achievements in championing justice for farm workers. You might have heard about his recipient of the 1994 Presidential Medal of Freedom, his organization of nonviolent protests, and his rise to labor leadership from near poverty. Most modern biographies of Cesar Chavez focus on these events of his life. However, one intriguing but important aspect of this man is often overlooked: his unwavering commitment to vegetarianism.

You may be astonished that a vegetarian like Chavez would advocate to improve conditions for farm workers, some of who were probably involved in the slaughter of animals. However, advocating for farm workers is not necessarily synonymous with advocating for the slaughter of animals.

While some laborers do kill animals, other farm workers cultivate only plants. Furthermore, it is possible to support a person or a group of people without wholly agreeing with their job responsibilities. Chavez' larger vision was to combat mistreatment and utilize nonviolent protests to cultivate a better world, both for humans and animals. In this process he was entirely informed of the plight of animals during his crusade for farm laborers.

Cesar Chavez did not merely cease dining on animals; he encouraged others to follow his lead, including countless companions from the farm



Aren Wang  
Age 14

labor movement.

“Cesar took genuine pride in producing numerous converts to vegetarianism over the decades. You’re looking at one of them,” United Farm Workers President Arturo Rodriguez proclaimed in 1996 during a speech at a farm conference.

“He felt so strongly about it that sometimes I think he took as much personal satisfaction from converting people to vegetarianism as he did to trade unionism.”

Being a pacifist, Chavez believed vegetarianism to be essential for ensuring world peace.

Said Chavez in 1992, during his acceptance of a Lifetime Achievement Award from In Defense of Animals, “We need, in a special way, to work twice as hard to make all people understand that animals are fellow creatures,

that we must protect them and love them as we love ourselves. And that’s the basis for peace. The basis for peace is respecting all creatures. We cannot hope to have peace until we respect everyone—respect ourselves and respect animals and all living things. We know we cannot defend and be kind to animals until we stop exploiting them—exploiting them in the name of science, exploiting animals in the name of sport, exploiting animals in the name of fashion, and yes, exploiting animals in the name of food.”

Chavez’s words summarize why all vegans should feel proud of themselves. By not eating animals, we are indeed sparing them from certain death. But the bigger picture is that we are also promoting world

peace. The fundamental basis of world peace and respect is closely interlinked. A respectful person acts on the assumption that all living beings bear genuine, sensitive feelings, and are observant, and are important contributing members to the ecosystem. To show respect, you must acknowledge their presence and value their existence. Respect is a vital component of treating these creatures peacefully, which in turn means approaching them in a nonaggressive manner and not killing them for food. As Chavez boldly implied, it is impossible for world peace to prevail unless every living being, including animals, is respected.

Following in the footsteps of Chavez may not immediately precede world peace, but it is indeed a good beginning step. Ultimately, many small steps are

the fundamental building blocks to larger and more long-term goals.

Being vegetarian is itself an achievement to share with and inspire countless people, just like Chavez did. You can bet that your efforts will be greatly appreciated by fellow creatures big and small. You will also propel the world one step closer to world peace.



The deadline for the next Vegetarian Resource Group Essay Contest for kids is May 20, 2020. For details and information about the contest and previous winners, see: [vrg.org/essay](http://vrg.org/essay)

## Bequests

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegan in our lifetimes, we realize that we are planning and working for future generations.

- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of \_\_\_\_\_ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, did an interview for Fitbit on vegan athletes, an interview with *Nutrition Action Health Letter* about antinutrients, and an interview with the *New York Times* about vegan babies and children. (See: [nytimes.com/2019/08/24/health/vegan-parents-malnourished-baby.html](http://nytimes.com/2019/08/24/health/vegan-parents-malnourished-baby.html))

### Vegan Education

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, did a presentation at the Florida Academy of Nutrition and Dietetics Food and Nutrition Symposium on Vegetarian Diets for Women: Benefits and Concerns. VRG Volunteer Elsa Spencer, PhD in nutrition, staffed The Vegetarian Resource Group booth at the Charlottesville, Virginia Vegan Roots Fest. She was able to answer many questions that attendees had on the vegan lifestyle. Marcy Schweibinz, VRG volunteer and Certified Wellness Coach with a degree in nutrition, gave a lunchtime talk on vegetarian nutrition to the Maryland State Division of Rehabilitation Services.

# On a Roll

by Rissa Miller



**L**ittle compares to the joy of sinking your teeth into a warm roll, straight from the oven. Bet you'd like one right now, wouldn't you? Well, no matter your baking experience, this divine confection is within your grasp. I mean *right now*, for breakfast, lunch, or dinner. Because those heavenly swirls of dough should be for *everyone*, I came up with three variations and six fillings. Start with the classic Cinnamon Filling, with or without pecans, as you like. Move on to Citrus Cream, which comes together in minutes, and to really impress friends and family, roll out with the Chocolate S'mores Filling. There's an optional Sweet Vanilla Icing for any of them.

What about dinner? Kids are going to love helping make Pizza Rolls. For a more sophisticated palate, try my Sunflower Parsley Pesto or Exotic Curry fillings. Served beside a fresh green salad, any of these will make a satisfying winter meal. Want to go decadent? Top savory rolls with compound Garlic Butter.

If you're intimidated to try the Basic Dough (we included photo directions) or just have limited kitchen space, make any of these with vegan canned crescent-style dough. Depending on the filling, you can have fresh rolls in 30 minutes. Gluten-free friends, I have you covered as well, with a surprisingly light and fluffy dough designed just for you. Now, go preheat those ovens!



## Pecan & Cinnamon Filling

Fills 12 rolls

- 3/4 cup coconut sugar or organic brown sugar
- 1/2 cup vegan margarine
- 1 Tablespoon cinnamon
- 1 Tablespoon maple syrup
- 1 teaspoon vanilla
- Pinch allspice
- Pinch nutmeg
- 1/2 cup chopped pecans

Add all ingredients except for pecans to a pan and heat over low heat. Stirring frequently, cook until the filling is melted together and has a few small bubbles, about 4-6 minutes. Remove from heat.

To use in rolls, spread cinnamon filling across prepared dough and sprinkle with chopped pecans.

Total calories per serving: 133    Fat: 11 grams  
Carbohydrates: 11 grams    Protein: <1 gram  
Sodium: 80 milligrams    Fiber: <1 gram

## Citrus Cream Filling

Fills 12 rolls

- 8 ounces vegan cream cheese, chilled  
(Tofutti recommended)
- 1/4 cup organic sugar
- 1 Tablespoon arrowroot starch
- 1 teaspoon orange extract
- Zest of one orange
- Zest of one lemon
- Zest of 1/2 grapefruit

Place all ingredient into a bowl, and use an electric mixer or wooden spoon to combine thoroughly. To use in rolls, spread filling across prepared dough.

**Cook's Note:** Other brands of vegan cream cheese were tested but did not perform well in this recipe.

Total calories per serving: 56    Fat: 3 grams  
Carbohydrates: 6 grams    Protein: 1 gram  
Sodium: 76 milligrams    Fiber: <1 gram

## Chocolate S'mores Filling

Fills 12 rolls

- 1 cup vegan chocolate chips
- 1/2 cup vegan graham cracker crumbs
- 1/3 cup organic brown sugar
- 2 Tablespoons plain, unsweetened vegan milk
- 1 Tablespoon arrowroot starch
- 1 Tablespoon cocoa powder
- 1 Tablespoon instant coffee powder
- 1 teaspoon vanilla extract
- Pinch cinnamon, ground cloves (optional)
- 1 cup mini vegan marshmallows

Place chocolate into a glass bowl. Microwave on Low for 30 seconds and then stir. Place the bowl back in the microwave and repeat the process of cooking for 30 seconds, stopping, and stirring until chocolate melts. Add all other ingredients except marshmallows; stir. To use in rolls, spread chocolate filling across prepared dough and sprinkle mini marshmallows on top.

**Cook's Note:** A double boiler also works to melt chocolate. For plain chocolate rolls, omit graham crackers, cinnamon, cloves, and marshmallows. If gluten-free, omit graham crackers.

Total calories per serving: 189    Fat: 7 grams  
Carbohydrates: 31 grams    Protein: 1 gram  
Sodium: 98 milligrams    Fiber: 1 gram

## Sweet Vanilla Icing

Tops 12 rolls

- 1 cup vegan powdered sugar
- 1 teaspoon vanilla extract
- 1 (and up to 4) Tablespoon plain, unsweetened  
vegan milk

Beat all ingredients together using an electric mixer or by hand with a whisk until icing is silky. If a more liquid icing is desired, add more vegan milk one Tablespoon at a time. Drizzle over Chocolate S'mores, Citrus Cream, or Pecan & Cinnamon rolls when hot out of the oven.

Total calories per serving: 40    Fat: <1 gram  
Carbohydrates: 10 grams    Protein: <1 gram  
Sodium: 1 milligram    Fiber: <1 gram

## Simple Pizza Filling

Fills 12 rolls

- ½ cup vegan pasta sauce of choice
- ½ cup vegan mozzarella-style shredded cheese
- 2 Tablespoons nutritional yeast
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼-½ cup favorite pizza topping, such as more vegan mozzarella, diced onion, vegan meatless crumbles, diced green pepper, etc.

Spread pasta sauce evenly over rolled dough. Sprinkle with vegan cheese, nutritional yeast, basil, oregano, and optional toppings. Do not overfill pizza rolls as they will become hard to roll and/or fall apart. To assure melty cheese, bake covered with foil, following directions for dough of choice.

**Cook's Note:** Follow Your Heart, So Delicious, and Violife vegan shreds tested best in this recipe. Daiya, Parmela, and Trader Joe's brands were also tested.

Total calories per serving: 28      Fat: 1 gram  
Carbohydrates: 3 grams      Protein: 1 gram  
Sodium: 81 milligrams      Fiber: 1 gram

## Exotic Curry Filling

Fills 12 rolls

- 15-ounce can cannellini beans, rinsed and drained
- ¼ cup jarred roasted red peppers
- ¼ cup fresh cilantro or parsley
- 2 Tablespoons lemon juice
- 1 Tablespoon no-salt tomato paste
- 1 Tablespoon curry powder (or less, to taste)
- 2 teaspoons cumin
- 1 clove garlic, peeled
- 1 teaspoon vegan red curry paste
- 1 teaspoon onion powder
- Pinch ground cinnamon
- Pinch garam masala

Add all ingredients to a food processor or blender. Process until a smooth paste forms. Spread evenly over rolled dough and bake as directed.

Total calories per serving: 95      Fat: 0 grams  
Carbohydrates: 18 grams      Protein: 6 grams  
Sodium: 64 milligrams      Fiber: 4 grams

## Sunflower Parsley Pesto

Fills 12 rolls

- 2½ cups fresh parsley, stemmed
- ½ cup unsalted, shelled sunflower seeds
- 2 Tablespoons reduced-sodium mellow miso
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon olive oil
- 2 cloves garlic

Add all ingredients to a food processor or blender, and purée to a smooth paste. Be sure to scrape the sides a few times during processing. If pesto is too thick to spread, add water by the Tablespoonful and purée again until smooth. To use in rolls, spread pesto across prepared dough.

Total calories per serving: 47      Fat: 4 grams  
Carbohydrates: 2 grams      Protein: 1 gram  
Sodium: 86 milligrams      Fiber: 1 gram

## Garlic Butter

Tops 12 rolls

- ¼ cup vegan margarine, room temperature
- 2-3 cloves garlic, minced
- 1 Tablespoon fresh chives, minced
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- Pinch red pepper flakes (optional)

Combine all ingredients in a saucepan, then gently heat over low heat until margarine is just liquefied. Serve poured over rolls made with Curry, Pesto, or Pizza filling, or serve as a dipping sauce.

Total calories per serving: 34      Fat: 4 grams  
Carbohydrates: <1 gram      Protein: <1 gram  
Sodium: 40 milligrams      Fiber: <1 gram



# Super Easy Refrigerator Dough Rolls

Makes 12

Not everyone has time for or interest in making homemade dough. Thanks to the grocery store, all you need are some cans of vegan crescent dough!

**Two 8-ounce cans chilled vegan crescent-style dough  
(Annie's and Immaculate organic brands  
are options)**

## Additional flour

Preheat oven to 375 degrees. Spray a 9x13-inch baking pan with non-stick spray and set aside.

Lightly flour a work surface and your hands. Open chilled dough cans and unroll side by side, but do not separate triangles. Using fingers, press perforations

to seal dough, then press edges together to make one large rectangular sheet of dough.

Spread desired filling. Flour your hands again to prevent sticking. Starting from a long side of the rectangle, roll dough into a log. Press together any tears in the side of the log with fingers. Using a knife, slice into 12 rolls. Place rolls in prepared baking dish and bake 15-20 minutes, until light golden brown.

Remove from oven and cool for 15 minutes before slicing apart with a knife and adding the optional icing or topping. Serve warm.

Total calories per serving: 125	Fat: 4 grams
Carbohydrates: 20 grams	Protein: 1 gram
Sodium: 400 milligrams	Fiber: <1 gram



Photo by Rissa Miller

# Basic Dough Recipe

Makes 12 rolls

- 1 cup plain, unsweetened vegan milk (see notes)
- ¼ cup water
- 1 teaspoon organic sugar
- 1 packet (2¼ teaspoons) fast-rising yeast (such as Fleischmann's, Hodgson Mill, or Red Star)
- 3½ cups all-purpose flour
- 1 Tablespoon baking powder
- ½ cup cold vegan margarine, cut into small cubes (see notes)
- Non-stick spray
- Extra flour for rolling

In a saucepan, gently warm the vegan milk and water over low heat to 100 degrees. Use a candy thermometer to measure the temperature. If you don't have one, warm until about the same temperature as your wrist, like you would test a baby's bottle. If unsure, err on the side of less heat, as too much heat can kill the yeast; make sure the liquid isn't cold.

Remove vegan milk from heat and sprinkle sugar across the top, then sprinkle yeast on top of that. Make sure the yeast is submerged gently in the milk using a spoon, but don't stir. Allow to sit for 5 minutes. During that time the yeast should activate and get bubbly and foamy. It might even have a sweet smell. If yeast does not get bubbly, it might be too old to activate,

and you will have to repeat this process with another packet. This part is critical! (see notes)

In a large mixing bowl, whisk together the flour and baking powder. Add the cubed vegan margarine and cut into the flour using a pastry cutter or fork. The idea is to blend it roughly, without the margarine melting, softening, or smoothing out. When properly mixed, the margarine will be coated in flour and broken down to bits the size of a pea or brown lentil.

Pour in the activated yeast mixture and stir with a wooden spoon about 35-40 firm strokes to combine the wet and dry ingredients. From this point, use your hands to knead all the unincorporated flour into a ball. Keep working the dough for 3-5 more minutes until it's a smooth ball and no loose flour remains.

Spray a non-reactive bowl (ceramic, enamel, glass, plastic, stainless steel), roughly two times the size of the dough, with non-stick spray. Turn dough out into the center of the bowl.

Cover the bowl with a clean kitchen towel and place in a warm, non-drafty area to rise for 1 hour. During that time the dough will double in size.

While that's happening, make filling of choice (pages 17-18) and set aside so it's ready when the dough is done.

Close to the end of the hour, get out a rolling pin or sturdy jar to roll the dough and a knife to cut the rolls. Spray a 9x13-inch glass or metal baking dish with non-stick spray and set aside. Clear a flat work surface (about 2'x2' at least) and sprinkle flour across it. Have extra flour standing by.



*Yeast Blooming*



*Cutting Margarine Into Flour*



*Kneading Dough*



*Rolling Dough*

After one hour, punch down the dough so it deflates. Turn onto the prepared work surface and sprinkle extra flour on the top of the dough ball, as well as coating your hands. Knead thoroughly for about 5 minutes until dough is a little firmer but still pliable. Do not overwork or the rolls will be tough.

Using a rolling pin or sturdy jar, roll the dough until it's a large rectangle about 20"x16". The surface should be fairly even with no large bumps or gaps on the edges. Flour as needed to prevent sticking.

Next, spread the prepared filling onto the dough rectangle. Leave about ½ inch around the edges bare. Working from the long side, begin to roll the dough into a long cylinder, being careful to tuck all the filling inside. Using a knife, cut into 12 equal rolls and carefully place into the prepared baking dish. Spray rolls lightly with a little non-stick spray. Preheat oven to 400 degrees at this time.

Allow the rolls to rest and have a second rise for about 20-30 minutes. Bake for 22-25 minutes, turning once half way through cooking time. When finished rolls will be cooked through and a light golden color. Cool for 15 minutes before slicing apart with a knife and adding the optional topping. Serve warm.

Total calories per serving: 218	Fat: 8 grams
Carbohydrates: 31 grams	Protein: 4 grams
Sodium: 180 milligrams	Fiber: 1 gram



*Spread Filling* ◀

*Roll Into a Cylinder* ▼



*Slice Into a Dozen Equal Size Rolls* ▶



Photos by Jessica Baligush

### Cook's Notes:

This recipe was tested with almond, cashew, coconut, oat, pea, rice, and soy plain vegan milks. *By far, the best performing options were oat and pea vegan milks.* They produced fluffy, soft dough every time. Soy also worked well. Almond, coconut, and rice milks made very flat rolls with a tough or crumbly texture and are not recommended for the recipe. Banana, flax, hazelnut, hemp, peanut, pecan, pistachio, sesame, and walnut vegan milks were not tested.

When selecting a vegan margarine, please note that Country Crock Plantbutter Olive Oil sticks, Earth Balance, I Can't Believe It's Vegan tub, Melt sticks, and Miyoko's Vegan Butter were all tested and performed about the same. Plain coconut oil was not tested.

A candy thermometer is a liquid-safe thermometer used for measuring the temperature of liquids. Costs range from \$3 to \$20 depending on style and retailer. It can also be used making for vegan candy, caramel, cheese/yogurt, and fudge.

Active yeast (not the same thing as brewer's yeast or nutritional yeast) is a live yeast culture. It is sold in small paper packets or glass jars at supermarkets and online. Look in the baking aisle or sometimes the deli or dairy sections. Some brands are shelf-stable; others are kept chilled. Store in your fridge at home.

A pastry cutter is a utensil used to mix solid fats into flour. Costs range from \$5 to \$20, but a fork will work just as well.

# Gluten-Free Dough Recipe

Makes 12 rolls

- 2½ cups plain, unsweetened vegan milk**  
(see notes)
- 2 Tablespoons vegan margarine** (see notes)
- 1 teaspoon organic sugar**
- 1 packet (2¼ teaspoons) fast-rising yeast** (such as Fleischmann's, Hodgson Mill, or Red Star)
- 2 cups gluten-free baking flour blend** (see notes)
- 1 cup gluten-free oat flour** (see notes)
- ½ cup unflavored brown rice protein powder**  
(Naked Rice brand used in testing)
- ¼ cup almond flour**
- ¼ cup ground flaxseed meal** (use golden flaxseed if dough color is important)
- 1 Tablespoon arrowroot starch**
- 2 teaspoons baking powder**
- 1 teaspoon baking soda**
- 1 teaspoon xanthan gum**
- ½ cup cold vegan margarine, cut into small cubes**
- 2 Tablespoons psyllium husk powder**
- 2 Tablespoons apple cider vinegar**
- Parchment or wax paper, for rolling**
- ½ teaspoon canola oil, for oiling baking dish**

In a saucepan, gently warm the vegan milk and two Tablespoons vegan margarine over low heat to 100 degrees. Use a candy thermometer to measure the temperature. If you don't have one, warm until about the same temperature as your wrist, like you would test a baby's bottle. If unsure, err on the side of less heat, as too much heat can kill the yeast; be sure the liquid isn't cold.

Remove vegan milk from heat and sprinkle sugar across the top, then sprinkle yeast on top of that. Make sure the yeast is submerged gently in the milk using a spoon, but don't stir. Allow to sit for 5 minutes. During that time the yeast should activate and get bubbly and foamy. It might even have a sweet smell. If yeast does not get bubbly, it might be too old to activate, and you will have to repeat this process with another packet. This part is critical! (see notes)

In a large mixing bowl, whisk together the gluten-free flour, oat flour, brown rice protein powder, almond flour, flaxseed meal, arrowroot starch, baking powder, baking soda, and xanthan gum. Add the cubed vegan margarine and cut into the flour using a pastry cutter or fork. The idea is to blend it roughly, without the margarine melting, softening, or smoothing out. When

properly mixed, the margarine will be coated in flour and broken down to bits the size of a pea or brown lentil. Next, gently fold in psyllium husk powder.

Pour in the activated yeast mixture and apple cider vinegar, and stir with a wooden spoon about 25-30 firm strokes to combine the wet and dry ingredients. From this point, use your hands to knead all the unincorporated flour into a ball. Keep working the dough for 3-5 more minutes until it's a smooth ball and no loose flour remains. Note that gluten-free dough is not as smooth as wheat-containing dough and may be a little crumbly.

Place in a non-reactive bowl (ceramic, enamel, glass, plastic, stainless steel), cover with a kitchen towel, and allow dough ball to rest for about 10-15 minutes for binders to develop. This dough will not rise much, perhaps a ½ inch or inch. Gluten-free flours are dense and don't get as much lift as wheat.

While that's happening, make filling of choice and set aside (pages 17-18). Preheat the oven to 400 degrees. Clear a flat work surface (2'x2' at least) and put down two large pieces of parchment or wax paper. Get a rolling pin or sturdy jar to roll the dough and a knife to cut the rolls. Coat a cast iron or heavy glass baking dish with canola oil and set aside.

After 10-15 minutes, punch down the dough. Turn onto the prepared work surface and top with a large piece of parchment or wax paper to prevent dough sticking or tearing.

Using a rolling pin or sturdy jar, roll the dough until it's a large rectangle, about 20"x16". The surface should be fairly even with no large bumps or gaps. If needed, repairs cracks in the dough by hand and roll over to seal.

Spread the prepared filling onto the dough rectangle. Leave about ½ inch around the edges bare. Working from the long side, begin to roll the dough into a long cylinder, using the parchment/wax paper to lift it from the counter. Try to tuck all the filling inside and repair any cracks in the dough with your hands while you roll, as needed. Using a knife, cut into 12 equal rolls and carefully place into the prepared baking dish.

Bake for 30-35 minutes. When finished, rolls will be cooked through and a light golden color. They will not fluff up very much. Cool for 15 minutes before slicing apart with a knife and adding the optional topping. Serve warm.

Total calories per serving: 288	Fat: 13 grams
Carbohydrates: 34 grams	Protein: 8 grams
Sodium: 302 milligrams	Fiber: 5 grams

### Cook's Notes:

This recipe was tested with cashew, oat, pea, and soy plain vegan milks. *The best performing options were cashew and oat vegan milks.* They produced softer dough that held together better both raw and baked. Other vegan milks are not recommended for the recipe. Almond, banana, coconut, flax, hazelnut, hemp, peanut, pecan, pistachio, rice, sesame, and walnut vegan milks were not tested.

When selecting a vegan margarine, please note that Country Crock Plant Butter/Olive Oil Sticks, Earth Balance sticks, and Melt sticks were tested and performed about the same. Plain coconut oil was not tested, nor were other brands of vegan margarine.

This recipe was tested with Bob's Red Mill 1:1 Gluten-Free Baking Flour and King Arthur Gluten-Free Measure for Measure Flour. There are many other brands of gluten-free baking flour; however, results may vary by brand.

You can purchase gluten-free oat flour or get

gluten-free oats and whip them in a blender or food processor until they are fine enough to use as flour.

A candy thermometer is a liquid-safe thermometer used for measuring the temperature of liquids. Costs range from \$3 to \$20 depending on style and retailer. It can also be used for making vegan candy, caramel, cheese/yogurt, and fudge.

Active yeast (not the same thing as brewer's yeast or nutritional yeast) is a live yeast culture. It is sold in small paper packets or glass jars at supermarkets and online. Look in the baking aisle or sometimes the deli or dairy sections. Some brands are shelf-stable; others are kept chilled. Store in the fridge at home.

A pastry cutter is a utensil used to mix solid fats into flour. Costs range from \$5 to \$20, but a fork will work just as well.

Looking for some of the more unusual ingredients in this recipe, like xanthan gum or psyllium husk powder? Many natural products stores carry these ingredients or shop online.



Gluten-Free Pizza Rolls photo by Rissa Miller  
Rissa's Portrait by Jessica Baligush

Rissa is the Senior Editor of *Vegetarian Journal* and an obsessed vegan baker. Wishing for a vegan version of your favorite baked good? Something you miss from pre-vegan days? Ask Rissa and see if your recipe request ends up in a future issue! [Rissa@vrg.org](mailto:Rissa@vrg.org)



# Veggie Bits

## Simple Suppers

On a busy night, Gardein Skillet Meals can save supper! They combine a carb, sauce, and Gardein's vegan meats for a familiar, comfortable meal that can be warmed in a pan or wok in fewer than 10 minutes. Testers agreed there was sufficient sauce to flavor the entire dish, and the amount of Gardein vegan meat was satisfying. Asian Style Chick'n Fried Rice and Chick'n Fiesta are made with rice; Chick'n Florentino and Italian Style Rigatoni n' Saus'age come with pasta. Follow the directions and the rice and pasta turn out well textured—not crunchy or gummy. A bag serves two people, or make it into a side for four. We tried adding frozen mixed veggies to the Chick'n Fiesta, and some frozen chopped kale to the Chick'n Florentino. Again, the results were tasty and stretched dinner to larger portions. Available at major retailers nationwide. [Gardein.com](http://Gardein.com)  
*Rissa Miller, Senior Editor*



## Spot-On Tots

Getting more vegetables into your diet is as easy as tossing tots into your oven! Beets, Broccoli, and Cauliflower Veggie Tots from Farmwise Foods provide a serving of vegetables disguised as tasty snack foods. They are a convenient tater substitute, perfect as a dinner time side for adults or kids. Straight from the oven they are crisp and indulgent. Serve these tots with a vegan main dish of your choice for a well-rounded meal sure to win over herbivores and omnivores alike. Farmwise Foods also offers Butternut Squash Rings, Cauliflower Rings, and a variety of Veggie Fries, including Broccoli, Carrot, Cauliflower-Chickpea, and Kale. Veggie Fries, Rings, and Tots are vegan, gluten-free, and non-GMO. [farmwisefoods.com/store-locator/](http://farmwisefoods.com/store-locator/)  
*Emma Giebel, VRG Intern*



## Eat Your Oats

Somewhere between your usual morning oatmeal and the freezer case, magic happened. Sink your spoon directly into a pint of Perry's Oats Cream for a new and improved vision of oats. The luscious, smooth texture and delicate flavors of Perry's frozen dessert will leave you scraping the sides of the container. Varieties include Apple Strudel, Blueberry Pancake, Coconut Caramel, Oat Latte, Peanut Butter Coffee Cake, and Peanut Butter & Cookies. We were surprised how much we loved Apple Strudel and Blueberry Pancake! They give a nostalgic twist to frozen desserts, and it's not a stretch to imagine a scoop melting over warm pie. Perry's partnered with Elmhurst 1925, using their Milked Oats vegan beverage, to create the decadent grain-based Oats Cream. Note that this is a high-fat dessert. Available at Wegmans or check online, [perrysicecream.com](http://perrysicecream.com)  
*Rissa Miller, Senior Editor*



## Two-Fer

Split are exactly what the name says—a package divvied in half with complementing nut butters and jellies. They offer Almond Butter and Raspberry, Almond Butter and Strawberry, Peanut Butter and Blueberry, and Peanut Butter and Grape. Splits are ideal for on-the-go activities, such as camping, hiking, sports, or travel. Peanut Butter and Grape is classic, perfect on top of toast or a banana. Almond Butter and Blueberry was a tester favorite, going well with oatmeal and giving it a creamy, smooth texture. The only challenge was getting the nut butters out of the package. You may have to squish away at it a little bit, but don't fret, it will come out! It helps to warm it in your pocket, too. All of Split's products are gluten-free, non-GMO, and 170 calories. [splitnutrition.com/where-to-buy/](http://splitnutrition.com/where-to-buy/)  
*Taylor Gale, VRG Intern*





# Veggie Bits

## Cookies Get Raw

Chunkie Dunkies are sweet, raw cookies in classic flavors, such as almond crunch, carrot cake, chocolate chip, mint chocolate chip, oatmeal raisin, vanilla biscotti, and walnut brownies. While Chunkie Dunkies make the perfect lunch-box dessert, or car trip treat, a platter with a variety of flavors would be a wonderful dessert tray for a party. Each cookie has complementary sweet and savory elements, and testers found the chewy raw cookies with crunchy bits like nuts, delectable and satisfying. All of their products are gluten-free, organic, and vegan. [chunkiedunkies.com](http://chunkiedunkies.com)  
*Emma Giebel, VRG Intern*



## Bags of Beautiful Beans

A Dozen Cousins' pre-cooked bean pouches are a convenient option for an easy, nutritious meal. They offer Cuban Black Beans, Mexican Cowboy Beans, and Trini Chickpea Curry, all based on traditional ethnic Caribbean and Latin American recipes. The Cuban Black Beans with onions and bell peppers go nicely with fresh salsa and rice. Mexican Cowboy Beans, pinto beans with tomatoes and green chiles, have a nice spicy kick, and are perfect over nachos. The Trini Curry is packed with deep flavors like turmeric and cilantro and tastes wonderful over basmati rice. Creating these dishes is very simple: You either microwave or cook on stovetop to warm the beans. Some pre-made beans are dry or chalky, but not Dozen Cousins—these beans are smooth and creamy! On the package, it details how spicy the beans are for those who do not like heat. Gluten-free, non-GMO, and vegan; however, this is not a low-sodium food. Available on [Amazon.com](http://Amazon.com) or check [adozencousins.com](http://adozencousins.com) for locations.

*Taylor Gale, VRG Intern*



## Handful of Yum

Alpha Food makes six handheld vegan pot pies: Beefy Cheddar, Buffalo Chick'n, Chick'n Pesto, Chick'n Veggie, Pizza, and Spinach Feta. Each pot pie has at least 10g of protein. Testers preferred them in the oven (instead of the microwave)—they come out much crispier. They all contained enjoyable, gooey vegan cheese and were filling. Alpha Pot Pies can be eaten with your hands, and are fast and convenient. Please note, an Alpha Food Pot Pie has as much as 80% of the upper limit for saturated fat and 1/3 of the sodium an adult should eat in a day. Available nationally at major retailers, including Giant, Kroger, and Walmart. [alphaplantbased.com](http://alphaplantbased.com)

*Angélique Complainville, VRG Volunteer*



## Shake it Up

Packed with flavor and protein in each sip, KiiTO beverages are like a melted milkshake. There are three flavors: chocolate maca, matcha moringa, and vanilla ashwagandha. The chocolate maca has an intense smack of cocoa! I added it to frozen bananas and peanut butter for a delectable smoothie. Personally I love matcha, but if you are not used to the bitter taste and think that the matcha is too strong, add it to a smoothie! In the vanilla ashwagandha drink, the cinnamon was bold, resembling vanilla chai. Each bottle is slim and easy to transport. They are packed with 20g of plant protein, coconut milk, and only 1g of sugar; however, a serving has half of the daily upper limit of saturated fat. KiiTO is ideal for athletes, or adults who want added protein in their diet. Shake the bottle well before drinking, and testers preferred them cold. [drinkkiito.com](http://drinkkiito.com)

*Taylor Gale, VRG Intern*



# Stay the Course

## Running the Vegan Power 50K

by Ben Sarsgard

**I**f you're really hating your life, you probably went too far," urged race coordinator Marie Gryszowka to a crowd of anxious and excited athletes.

We briefly broke from our pre-race rituals of leg stretches and watch-fiddling to chuckle and exchange knowing glances. The advice was meant as course directions, warning of the potential to miss a turn and end up climbing a mountain, but there was a clear double meaning. It was wisdom that all in the crowd ignored at some point, or we wouldn't be there.

It was a brisk June morning, 2019, in the Pittsfield State Forest of Western Massachusetts, and we were standing at the start line of the Vegan Power 50K ultra-marathon. Over the previous several months, we all spent hours of grueling training on roads and trails to prepare ourselves to go precisely too far.

I was there because one morning in April 2017, I met up with a group outside Red Emma's restaurant in Baltimore and went on a short run that changed my life. I had been on group runs before, but this was different. The group was No Meat Athlete, and the runners were all vegans. Running together, sharing the amazing honesty that pain and exhaustion bring out, I found my people. I had been vegan for 13 years and a runner for two, but that day I became a vegan runner.

A 50K is the shortest of the common distances referred to as *ultra-marathons*, which means anything farther than the marathon distance of 26.2 miles. They keep going from there: 50 milers, 100, 200, but 50 kilometers (31 miles) is more than enough for many. If you've run a 5K, imagine following it up with 9 more, carrying your own water, over mountains and hills. You leap roots and rocks every few inches, sometimes successfully, but usually eating dirt once or twice as your legs get heavy and your toes can't quite clear the hurdles. As a runner passes you with a splatter of mud up one side of their shirt, you know they wear it as a badge of pride.

This sounds like an unreasonable thing to do, but we all have our motivations. Some run to push themselves. A couch-to-5K that seemed impossible one day becomes mundane on the next, and the mileage gets increased farther and farther until only the unreasonable remains. Others like the solitude, leaving your bed behind just





before dawn to hear the crunching leaves beneath your feet and the warbler’s sweet morning song.

One of these unreasonable people is Alex Bancroft, who took over as race director for 2019’s Vegan Power 50K. She co-directed the previous year with Ana Wolfe, who started it alongside Michael Menard, the founder of Berkshire Ultra Running Community for Service (BURCS) in 2013.

“I’m just carrying the torch. In the inaugural year, we only had the 50K distance and there were 49 50K finishers. This year (2019) we had our biggest yet with 73 50K finishers and 51 25K finishers,” said Bancroft.

Veganism in the ultra community is common enough that I’ve always felt accommodated at races. With the success of vegan running superstars like Scott

stretches of soft pine needle trails, and the perfect snack at an aid station.

Chips and pretzels are easy carbs and salt, and fall nicely into the “accidentally vegan” fare that you’ll find at any race. What got me to the finish line at Vegan Power, however, was salted watermelon and pickle juice. The watermelon, along with a few generously provided ginger chews, gave me easy calories at the beginning of the race. The pickle juice, however, is my secret weapon against leg cramps. Loaded with salt and vinegar, it’s one of the most potent electrolyte replenishers you can find—if you can handle the taste of pickles as you run.

Coming around the bend for the last lap, the best thing you can see is the smiling faces of your closest friends, and after seven grueling hours and 31 miles, I

***In running and in veganism, it can be hard to make it on your own, but thankfully no one has to.***

Jurek, and the anti-inflammatory benefits of the diet becoming widely respected, most of the food at aid stations and finish lines at any race is vegan. If you compare what’s on the table to any other ultra, the offerings at the Vegan Power 50K weren’t that different, but when you’re exhausted, it’s a relief to not have to waste precious time or brain power on begging the aid crew to read you back the ingredients for a PB&J.

Having such convenience at the aid stations gives you more time for the most rewarding moments of the race. Not the finish line—you’ll be far too distracted by exhaustion and aching muscles to enjoy that any more than one enjoys leaving a dentist’s office. The best moments are right around the halfway mark, when you’ve still got enough energy to be excited, but the pain is starting to creep in and you’re doing your best to forget how far you have to go. In those miles, the two greatest things you’ll experience are

got that moment. Though we spent the race running different paces, I came with my awesome team of vegan trail runners, Mud Not Blood. As with all things in life, knowing there are cheers and love waiting for you at the end makes the difficult bearable and the impossible possible.

If you’re hating your life, maybe you have gone too far, or maybe you just haven’t found the right finish line, with the right people there with your name on their lips. In running and in veganism, it can be hard to make it on your own, but thankfully no one has to.

Ben Sarsgard lives in New York City. A vegan of 15 years, he shares a Manhattan apartment with two cats, drinks his coffee black, and runs daily in Central Park. The Vegan Power 50K was his fifth ultra-marathon.



Race photos by Ben Kimball, [northeastracephoto.smugmug.com](http://northeastracephoto.smugmug.com)

# The Magic Vegan Kingdom

by Caryn Ginsberg

**W**hen you ponder destinations for delicious vegan food, you probably don't consider Disney World in Florida. But the Mouse and company serve up a wide and growing range of tasty vegan offerings sure to please the entire family.

Walt Disney World and Disneyland Resorts' major quick and table service restaurants will be offering plant-based options, made without animal meat, dairy, eggs, or honey, and marked by a menu icon Green leaf. Tempting offerings include Asian Dumplings, Shiriki Noodle Salad, Garden Spread with Hummus, Chili-Spiced Fried Tofu Bowl, and Cashew Cheesecake.

## Traditional Treats in Florida

Nothing says theme park like burgers, hot dogs, and ice cream. In the Magic Kingdom, you'll find vegan cheeseburgers at Pecos Bill Tall Tale Inn & Cafe, sloppy joes at Cosmic Ray's, brats with sauerkraut at The Friar's Nook, and hot dogs at Casey's Corner.

Pineapple Dole Whip® has long been a favorite at Aloha Isle. Plaza Ice Cream Parlor and Crystal Palace in the Magic Kingdom, and Hollywood Scoops in the Hollywood Studios park, stock Tofutti® ice creams. L'Artisan de Glaces in the

France pavilion at Epcot has sorbet in vegan waffle cones. Beaches at Disney Beach Resort serves vegan ice cream sundaes. The popcorn and plain pretzels in all the parks are also vegan.



Woody's Lunchbox at Hollywood Studios offers "totchos" that can be made vegan by specifying vegan chili and cheese and omitting sour cream, as well as vegan grilled cheese sandwiches.

Vegans with a sweet tooth will want to head to the all-vegan Erin McKenna's Bakery in Disney Springs and to Disney's Port Orleans French Quarter Resort for vegan beignets and other treats!



## Healthier Happenings

Looking for something a bit more nutritious? Pecos Bill also offers a southwest salad with corn and beans, as well as a veggie rice bowl with roasted vegetables and black beans. At Epcot, Sunshine Seasons Café in the Land pavilion offers a variety of healthful choices, including a vegan breakfast wrap, salads, fruit, hummus, korma plant-based "chicken," and, sometimes, vegan soup. Tangierine Café in the Moroccan pavilion offers a terrific vegetable plate with hummus, lentils, tabbouleh, and more. However, the lentils and the bread have contained dairy in the past, so be sure to ask.

For total control and healthier food, Disney allows guests to bring their own food into the parks. Both the Magic Kingdom and Epcot have locker rentals for those who prefer not to carry food.

## Elegant Fare

Close to the Magic Kingdom, California Grill, atop the Contemporary hotel, has a vegan menu, provided upon request. Diners select four options, small plates presented together as an entrée. While selections rotate, past dishes have included black truffle selezione pasta, pho, fried rice, and a pizza with spring onion, wild mushroom, ramps, and snap peas, as well as a kafta made from Impossible™ burger.

At Disney's Yacht Club Resort, near Epcot, Yachtsman Steakhouse offers a vegetarian and vegan menu similar to California Grill's. Ale & Compass, also at Yacht Club Resort, offers a vegan protein bowl with vegan Italian sausage, quinoa, sweet potatoes, broccolini, and roasted tomato sauce. They will serve the bowl without the sausage upon request. The Ale & Compass Salad includes watercress, pumpkin seeds, rainbow carrots, beets, and radish with lemon-balsamic vinaigrette.

Toléro-Tapas, Steak & Seafood at Disney's Coronado Resort serves up a plant-based seafood dish—faux crab cakes, calamari, and scallops with citrus-infused couscous. Vegans can also enjoy a Chocolate-Avocado Mousse with strawberry-basil sorbet and coconut crumble for dessert.

Back in Epcot itself, the Rose & Crown menu at the U.K. pavilion shows a savory vegetable crumble made with vegan bangers (sausage). Also available upon request are



vegan bangers and mash as well as plant-based fish and chips. In the Magic Kingdom, Liberty Tavern offers an Impossible™ burger meatloaf.

Note that all the fine dining restaurants require advance-dining reservations (ADRs). ADRs open six months in advance. Book your meals early.

## Festival Fun

Food features prominently in many annual festivals at Epcot, most notably the Food and Wine Festival. The 2019 event included spicy Kenyan vegan githeri with white beans, pigeon peas, curry rice pilaf, and kachumbari slaw; Madras red curry with roasted cauliflower, baby carrots, chickpeas, and basmati rice; and Indian bread with pickled garlic, mango salsa, and coriander pesto dips. The Flower & Garden Festival had an all-vegan booth, with a farmhouse vegan meatball sandwich.

## Planning Your Trip

Disney frequently adds vegan foods. The following resources, among others, can help any vegan visitor plan a truly delicious vacation to Orlando, Florida, or to Disneyland in California.

*Disney Plant-Based Cuisine:* Brochure available at the park. See sample at [bit.ly/disneyvegguide](http://bit.ly/disneyvegguide).

*vegandisneyworld.com:* Site provides lists of what's available by park and resort, as well as in-depth profiles of select restaurants and dishes. Also has a Facebook page, Vegan Disney World.

*Veg Disney Facebook Group:* Disney visitors share updates/opinions on veg food. [bit.ly/VegDisneyFB](http://bit.ly/VegDisneyFB)

*Vegan Disneyland:* Plant-based finds for the California parks. [happiestveganonearth.com/](http://happiestveganonearth.com/)

*Disney Food Blog:* Though not vegan focused, this daily blog provides useful updates. It includes veg sections in its guides and has a helpful video at [bit.ly/DFBVegVideo](http://bit.ly/DFBVegVideo) with vegan options (plus unfortunately one stray image of shrimp curry that can be modified with tofu.)

Caryn Ginsberg is a strategy consultant, visual facilitator, and graphic recorder for animal protection groups, other non-profits, and businesses. Her favorite Disney characters are Stitch, Olaf, and Figment.



Food photos by Caryn Ginsberg; travel photo courtesy of Disney Resorts

# Myth *& the* Philosopher

by Gene Sager

**A**s a professional philosopher, I have often criticized my colleagues for overuse of technical language and the inability to communicate with the general public. At its best, a philosophical perspective can use everyday language to bring clarity and new insight. On an important topic like veganism, a philosopher can explain fallacies and myths and show how the vegan way is linked to multiple contemporary, as well as perennial, issues.

Philosophy can also cut through complexity and show how it is that veganism is a way of life based on a single, deep moral principle. That is what I propose to offer here. My own checkered dietary past will serve as an example of what makes sense and what does not.

## A Thoughtless Vegan

I became a vegan for the flimsiest of reasons: veganism was the “in” thing among my circle of friends; it was cool, different, and interesting. Today, veganism is even more popular than when I embraced it, and I am surprised to see all-vegan restaurants thriving, appealing especially to Millennials. Veganism is a fad for some, and those caught up in a diet fad are not very clear about their reasons for following the diet. When asked why I was vegan, I had only a few clichés to offer, with no follow-up.

To relieve my embarrassment, I began to research the benefits of the vegan diet, beginning with health. I was impressed with the health benefits, but I was even more impressed with the way my research led me beyond the topic of animal products. I defined vegan as “a diet free of all animal products,” and at first I felt assured that I would enjoy good health. In this belief I was accepting one of the many foody myths that abound in American culture today—the myth that a vegan diet ensures good nutrition.

A look at some of my unhealthy vegan friends

dispelled this myth. One of them had a sweet tooth and was pre-diabetic at age 22. Another was unhealthy because he consumed too much saturated fat, including the faddish coconut oil.

At this stage I began to feel that my vegan diet, just like a meat diet, had to be informed in several ways to deal with related issues. I felt I needed to look into nutrition and other fields as well.

## A Green Vegan

Organics is a crossover issue—critical for both health and the environment. The more I researched these matters, the more connections I found. Starting from a vegan base, I knew that diet and environment are closely linked because the production of food from animal products consumes enormous amounts of natural resources. I knew switching from animal products to a vegan diet saves more natural resources than switching from a regular gas car to a hybrid car.

What I didn’t know, what I didn’t realize, was that the green benefits of the vegan diet turn out to be only a fraction of what I should do to protect the planet.

Using renewable energy, minimizing plastics, and a myriad of choices are ours to make, and

many of them are more a matter of being conscious than monetary expense or effort. Why would a vegan protect the planet? Because if the planet is depleted and sick, its animals and people are depleted and sick. Vegan for health reasons, if thoughtful, becomes a green vegan. My journey taught me that veganism needs to be enhanced with additional nutritional knowledge, and it needs to be enhanced with a strong commitment to the environment. I see these enhancements as extensions of the benefits that the vegan diet already produces.

Philosophy digs deep into our ways of thinking, and in this case it showed me I had been stuck in a value

## *Foody Myth:*

**A vegan diet ensures good nutrition.**

niche. I had found value in a dietary niche—avoiding animal products. I was unaware of how this niche was linked to other niches such as the Buy Local movement or recycling campaigns. These niches can be held apart in our minds by a myth, the fragmentation myth that dietary plans, environmental programs, and animal rights movements are separate activities. Only in the Fragmentation Myth are they seen as separate issues.

## Concentrated Animal Feeding Operations (CAFO)

The most recent experience in my journey was a tour of my cousin's pig confinement facility in Iowa. Rows of barracks house thousands of animals in an artificial environment of metal, plastic, and cement that deprives them of their natural instincts. The frustrated pigs gnaw at the bars and bite each other. The cost of bacon has been falsely posted at the market; the label fails to mention the extreme suffering of animals, the detriment to our health, and the ghastly odor and dangerous runoff from the facility's waste pools. Such are the costs of bacon.

I was aware my vegan diet reduces the number of animals who undergo this tortuous life and slaughter. Vegans refuse to participate in this cruel process; we do not support CAFOs. But most Americans have tacitly accepted the treatment of livestock and take no action to relieve it. My observation of the treatment of animals in our culture revealed a puzzle and a shock. I feel I live in an odd schizoid cultural matrix because I see an incredible double standard: livestock receive cruel and unusual treatment and pets are given royal treatment. A massive pet store industry supports the pampering of pets, from special grooming spas to diabetes blood tests kits. Dogtopia ads tell us "every dog deserves day care." The irony is that many of the people who pamper their pets are the same people who show no compassion for livestock.

We need to take a hard look at the ways we treat animals: livestock; pets; animals poached for hide; fur, horns or tusks; and animals used for product testing. Compassion should apply to all, not just to some.

## Wholistic Veganism

Clearly we need an alternative to the fragmented world view that allows us to see these issues as separate

niches. The pig confinement experience showed me that CAFOs involve our health, environmental issues, and animal welfare. All across our culture, the Fragmentation Myth prevents clarity of vision and ethical consistency. Philosophers use the strange term "holism" to refer to the view that all of life is linked together, not fragmented into disparate niches. Holism, as I interpret it, is the view that all of reality is interrelated and interdependent. My research and experience have taught me that this picture is correct, and the spelling "wholism" helps remind me of the unity.

I have come a long way from a thoughtless vegan to this point where I see "veganism" as much more than just a diet. Since all of reality is linked and interdependent, my veganism should be a complete way of life based on compassion for all. As I see it, my journey

began with a narrow veganism and has evolved into a comprehensive veganism. My narrow veganism was partial because it arbitrarily limited its action to diet.

Wholistic veganism extends the positive impacts that dietary veganism produces: nutritional, environmental, and ethical. It is veganism come of age.

Although wholistic veganism comprehends multiple aspects of the way we live in the world, its essence is a single, simple principle: compassion for all sentient beings. For me, it has evolved through research and experience. Donald Watson, the founder of the vegan movement, said veganism starts with vegetarianism and extends it to its logical conclusion. I say wholistic veganism starts with veganism and extends it to its logical conclusion—including nutrition, environment, and animal welfare.

I offer a challenge here, but this is definitely not evangelical veganism because I do not push or pull others to embrace wholistic veganism. I am simply urging vegans and non-vegans to be thoughtful—to look carefully at the way we live in this world.

*Fragmentation Myth:*  
**Dietary plans,  
environmental programs,  
and animal rights movements  
are separate activities.**

Gene Sager is a philosophy professor at Palomar College in San Marcos, California. He has previously contributed articles to *Vegetarian Journal*.



## Support VRG Outreach

# Emily Carter's VRG Intern Experience

## Creating a Vegan World

Photo by Rissa Miller



**M**y excitement for the summer peaked when I arrived at Baltimore's BWI Airport to begin my first vegan job. For weeks prior, my family was annoyed at how eager I was to be around people who share my views.

Google was my lifesaver. I found this internship through a quick search: "vegan jobs near me." The VRG internship was the first result. Prior to this, I did marine biology and freshwater ecology research. I knew I wanted a job that focused on veganism; I just did not know where to begin! One of the things I realized this summer is that a lot of the people I met created opportunities for themselves.

At the beginning, I had doubts about whether I wanted to write for a living, but this internship was the perfect opportunity for me to discover where I belonged on the spectrum of vegan activism.

My goals coming into this internship were to gain exposure to vegan activism and careers, network with organizations, interact with a developed vegan community, contribute to vegan research and publication, as well as engage with the Baltimore

community about research and events. I have been able to accomplish many of my goals, and the rest are coming to fruition as I complete my internship.

While here, I helped teach a vegan cooking class at Christopher's Place employment academy, assisted in photographing food for the Greener Kitchen's menu, worked a booth at Waverly Farmers Market, did outreach at Roots VeganFest, visited a 93 year-old vegan who has been veg for 70 years, tasted amazing vegan food, and wrote about it all. Before I leave, I will have also attended a national animal rights conference and Vegan SoulFest. Never in my life have I been able to interact with so many vegans. It helped me realize the diversity of the movement and how we can make a difference wherever we are.

I networked with doctors, nutritionists, public health specialists, writers, restaurant owners, and artists. I feel more secure entering the workplace after being exposed to the variety of jobs people have veganized. Seeing the various ways vegans positioned themselves in the movement, and how they shaped their career to make a living while saving lives, has been the most valuable experience for me.

My time with The VRG equipped me with the skills and network necessary to progress my vegan career. Also, the experience of living in a city as opposed to rural Oklahoma affected me in life-changing ways. Seeing people living their dreams has inspired me to not settle. Growing up poor and Native, you are never advised to dream big but now I am considering business, medical school, or a PhD because I am aware of the power I have to make myself. I could not be more thankful for my experience at The VRG and in Baltimore.

For information about The Vegetarian Resource Group internships, see [vrg.org/student/index.php](http://vrg.org/student/index.php)



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## Vegan Cooking Tips

# Quick and Easy Ideas for Broccoli

by Chef Nancy Berkoff

**T**his generally bright green veggie and its friends, whose name comes from the Latin word “to branch,” is packed with vitamin C and potassium, with a fair amount of folic acid, iron, and vitamin A as well. Prepared correctly, members of the broccoli brigade are crunchy and flavorful.

Broccoli can be green, purple, or white, and its flowers white or yellow, with firm stalks and tightly packed florets. Broccoflower, a cross between broccoli and cauliflower, looks like a pastel, green-hued cauliflower. Broccoli rabe (also called Italian broccoli) has thin green stems that are more tender than broccoli, with soft, velvety leaves and small florets. Broccolini is a cross between Swiss chard and Asian broccoli. Although not related, you prepare broccolini as you would asparagus: steam it or microwave it quickly, toss with a small amount of oil (optional) and herbs, and serve. Broccolini can also be grilled or sautéed.

The broccoli you are likely familiar with resembles miniature, bright green trees. Look for the thinner stalks with no flowers. Thick stalks and flowers indicate a certain amount of toughness. Cook broccoli quickly, as it is a cabbage, given to strong flavors if exposed to heat for too long. The stalks can be peeled and used in stir-fries, steamed, salads, and even coleslaw instead of the “cole” (cabbage).

Broccoflower is prepared like cauliflower. When selecting broccoflower, look for lightly colored heads with no signs of mold. To cook broccoflower, slice or break off the florets, wash them, and then steam or microwave quickly. Broccoflower appreciates a spicy curry sauce. Or serve broccoflower florets uncooked with hummus or salsa dip.

Broccoli rabe is slightly bitter and tangy, and very popular in Mediterranean cuisine. The stalks are milder than the leaves, so look for specimens having more stalk than leaf. A bit of floret is okay, but a lot of flowering

means the rabe is older and will be tougher. Steam or microwave broccoli rabe, or quickly sauté or stir-fry. Serve it tossed with lemon, black pepper, or a mild creamy sauce. You can add broccoli rabe to pasta or potatoes, as well as combine it with mild vegetables, such as tomatoes or carrots. If you have leftover cooked broccoli or broccoli rabe, you can purée it in a blender or food processor, allow to cool, and stir into salad dressings, hummus, or even vegan mayonnaise.

To make a fast and creamy broccoli soup, combine chopped onions with a spray of vegetable oil in a 3-quart microwave-safe bowl and microwave on High until onion is tender. Add about four cups of fresh, chopped broccoli, using the full spear (stalk and florets), enough vegetable stock or water to fill the bowl about half way, ground pepper, and dried parsley to taste and stir to combine. Cover with a lid and microwave on High for 20 minutes or until broccoli is very tender. Remove and set aside. Allow to cool for about five minutes. Stir in about 2 cups of silken tofu and nutritional yeast, to taste, microwave on High for 2 minutes. If you would like a smooth texture, process in a blender or food processor until smooth and reheat. If you don't care to use the microwave, this soup can be prepared on the stovetop as well.



Brenda Sanders

# Community Food

# Justice

by  
Amy  
Dell



Born and raised in Baltimore, Sanders is committed to changing the world for the better, starting right at home. Sanders became vegan herself 23 years ago after being motivated to be closer to the Earth. Throughout her career as a vegan activist, she started the Afro-Vegan Society, Vegan SoulFest, and Thrive Baltimore, in addition to her business-enterprise. She has also worked with other organizations such as A Well-Fed World and Food Empowerment Project to advocate for food justice.

The Afro-Vegan Society aims to “inspire black and brown people to embrace vegan living by providing culturally relatable information and motivating people in marginalized communities,” said Sanders.

Sanders works closely with this organization to make vegan food accessible to those who may not otherwise be exposed to it.

Starting in 2014, Vegan SoulFest has grown to be the largest one-day vegan festival in Maryland, gathering food vendors, non-profit organizations, musicians, and thousands of attendees each year. Vegan SoulFest was co-founded by Sanders and Najha Wright-Brown from Land of Kush.

Thrive Baltimore, a community resource center co-founded by Sanders offers resources and support to those who want to learn more about sustainable lifestyles. The center hosts food-tastings, cook-offs, potlucks, film screenings, lectures, and educational events like cooking classes and workshops, all with the goal to “assist people in marginalized communities in transitioning to vegan living by providing education, resources and support,” said Sanders.

**T**he Greener Kitchen sits on a busy street in Baltimore’s Pigtown area, an unexpected home for a dedicated vegan deli. The Greener Kitchen is more than meets the eye, however.

This restaurant is also a wholesaler that sells products to local restaurants in addition to acting as a “food incubator” that provides a kitchen space for other vegan chefs in the community to “be supported as they grow their product line and customer base,” said co-founder Brenda Sanders.

The idea behind this multi-faceted business was to “expand the culture of plant-based food into communities that don’t currently have access to these foods and support other vegan businesses that are doing the same,” said Sanders.

Community interaction was important to Sanders.

“We’ve been working very hard to make veganism accessible, both economically and culturally,” she said. By allowing other small vegan food businesses to have a space to develop their brand, The Greener Kitchen is expanding the availability of vegan foods offered to the public.

Amy Dell, a former VRG intern, is a sophomore studying Environmental Writing at Unity College in Maine. She moved to Maine hoping to see a moose but has been unsuccessful to date.



Photos by Rissa Miller

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## Dietetic Internship Rotation at The Vegetarian Resource Group Office

Shannon Borgoyne did a one-week dietetic internship rotation with The VRG after recently graduating with an undergrad nutrition degree from the University of Maryland, and is completing the one year required internship towards becoming a registered dietitian.



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